

Recertification:

For the IBCLC, education does not end with passing an examination. Recertification through the acquisition of continuing education recognition points (CERPs) is required every five years. Every ten years, the IBCLC must retake the exam. Recertification ensures a commitment to excellence in practice, provision of current, evidence-based care, and protection of the public. Families deserve the best in breastfeeding care.

IBCLCs make the difference.

For more information about becoming an IBCLC, visit: www.iblce.org

For more information about IBCLCs or to locate an IBCLC in your area, visit: www.uslca.org



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*IBCLCs
Make the Difference.*

*IBCLCs
The Critical Difference.*

USLCA United States
Lactation Consultant
Association



What is an IBCLC, RLC?

The International Board Certified Lactation Consultant (IBCLC) is a member of the maternal-child healthcare team with specialized skills in breastfeeding care and management. The IBCLC credential is the highest certification and the only internationally recognized credential in the field of lactation. Research has shown improved breastfeeding outcomes when mothers and infants receive the services of IBCLCs. While many training courses provide certificates of completion, only the IBCLC credential denotes certification in lactation consultation.

The 2011 Surgeon General's Call to Action to Support Breastfeeding recommends that the public have access to services provided by IBCLCs. The Centers for Disease Control and Prevention (CDC) uses the number of IBCLCs per 1000 live births as a quality indicator in its annual National Breastfeeding Report Card. IBCLC hospital staffing ratios recommended by USLCA have been adopted by the Association of Women's Health Obstetric and Neonatal Nurses (AWHONN) in their staffing guidelines.

The IBCLC credential assures families, employers, insurers, and policy makers of competent, evidence-based lactation care and services.

With a focus on health maintenance and disease prevention, IBCLCs encourage self-care by empowering women to establish their own infant feeding goals and to identify strategies for achieving those goals. IBCLCs use a problem solving approach through comprehensive assessment and the development of care plans to promote successful breastfeeding

An IBCLC is able to provide competent, comprehensive breastfeeding care. Individuals awarded the IBCLC credential are qualified to:

- Work directly with breastfeeding families
- Manage a wide range of breastfeeding problems
- Collaborate with all members of the health care team
- Advocate for a social environment that supports breastfeeding families
- Educate families, health professionals, and policy makers about the life-long health benefits of breastfeeding
- Focus on health maintenance and disease prevention
- Empower women to establish their own infant feeding goals by identifying evidenced-based strategies to achieve them

Those who become IBCLCs are nurses, midwives, dietitians, physical, speech and occupational therapists, physicians, and experienced breastfeeding support counselors.

IBCLCs work in a variety of settings including hospitals, clinics, physicians' offices, neonatal intensive care units, human milk banks, and private practice.

The International Board of Lactation Consultant Examiners (IBLCE) has established rigorous prerequisites to sit for the certifying exam. More information can be found at: www.iblce.org

IBCLC CERTIFICATION REQUIREMENTS:

A minimum of 90 hours in lactation-specific instruction in addition to health/science education including:

- Biology
- Human anatomy and physiology
- Infant and child growth and development
- Nutrition
- Psychology, counseling, or communication
- Introduction to research
- Sociology, cultural sensitivity, or cultural anthropology

Also required:

- Basic life support (e.g. CPR)
- Medical documentation
- Medical terminology
- Occupational safety and security for health professionals
- Professional ethics for health professionals (e.g. Code of Ethics)
- Universal safety precautions and infection control

Plus

500-1000 clinical practice hours

And

Successful completion of a comprehensive certification exam